

# **THE SHOW-ME BODY WALK PROGRAM**

**The Body Walk idea begins in the fall of 1994.**



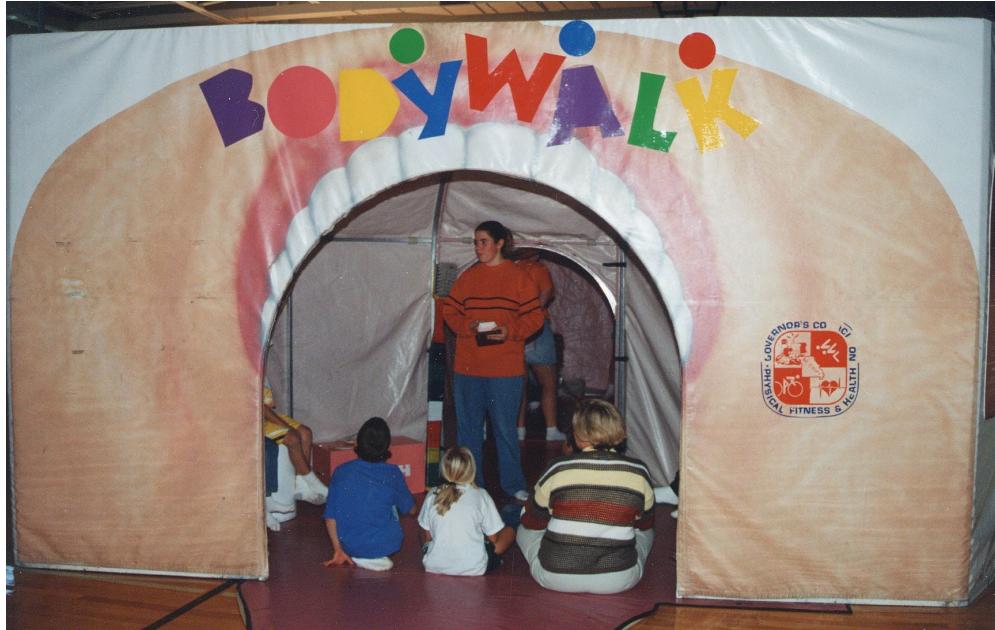
**After much hard work, the program was launched in September of 1995 at Lawson Elementary in Jefferson City.**



# Welcome to



A program of the  
**Governor's Council on  
Physical Fitness and Health**



## The Mouth

Take care of your teeth, and they'll stay healthy. Eating healthful snacks is one way to keep teeth healthy. Foods from the milk group help teeth grow and stay strong.





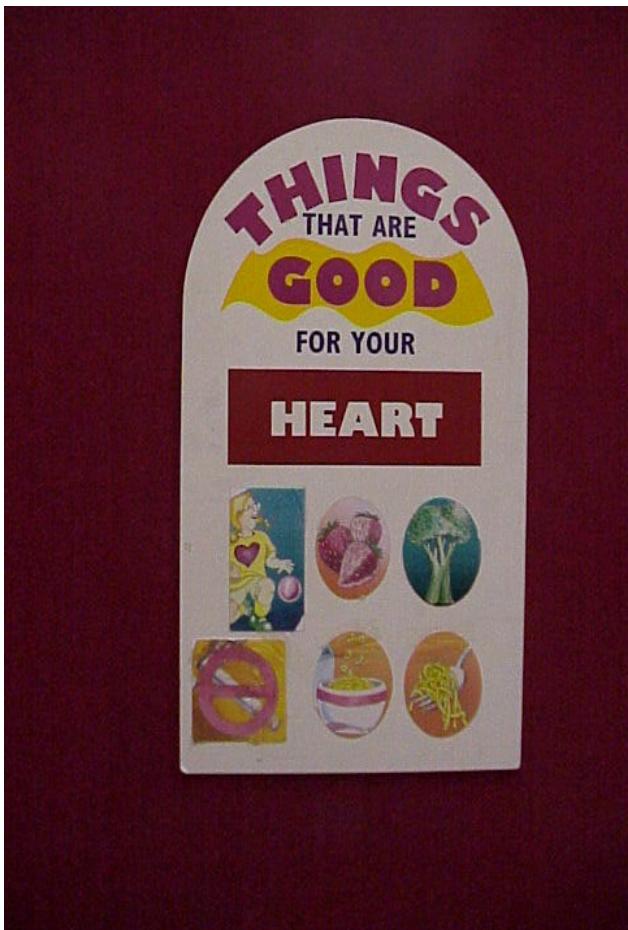
## The Stomach

Your stomach breaks down the food you eat into small pieces. Then your body can use the food for energy. Choose healthful foods using the food guide pyramid.



## The Intestine

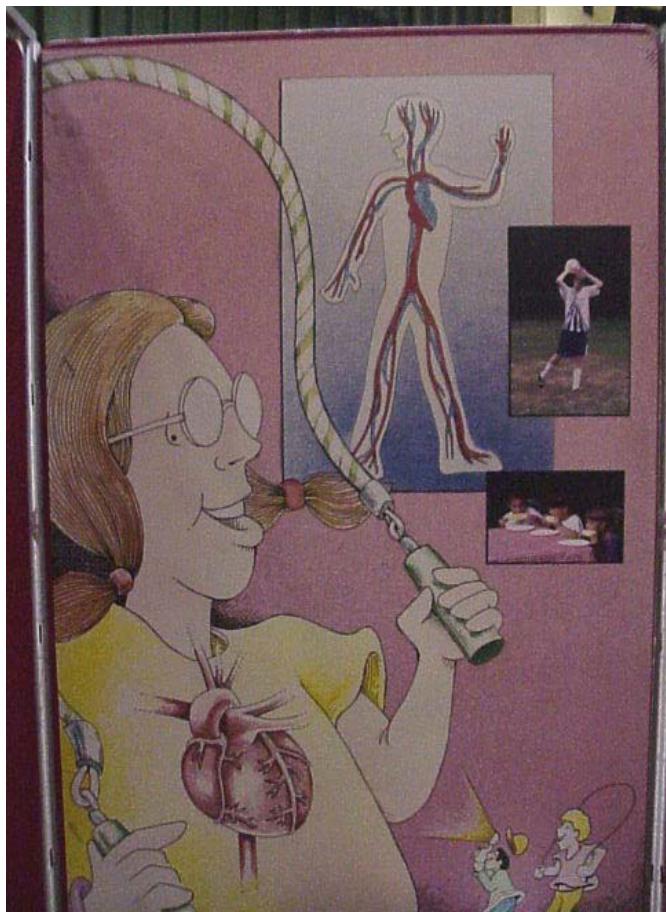
Food helps you grow and gives you energy. But before you can use it, your body has to break the food down into pieces called nutrients. The small folds on the intestine absorb the nutrients and move them to your blood. The blood takes the nutrients to the other parts of your body.



Your heart pumps faster when you exercise. Exercise is important to keep your heart strong and healthy.

## The Heart

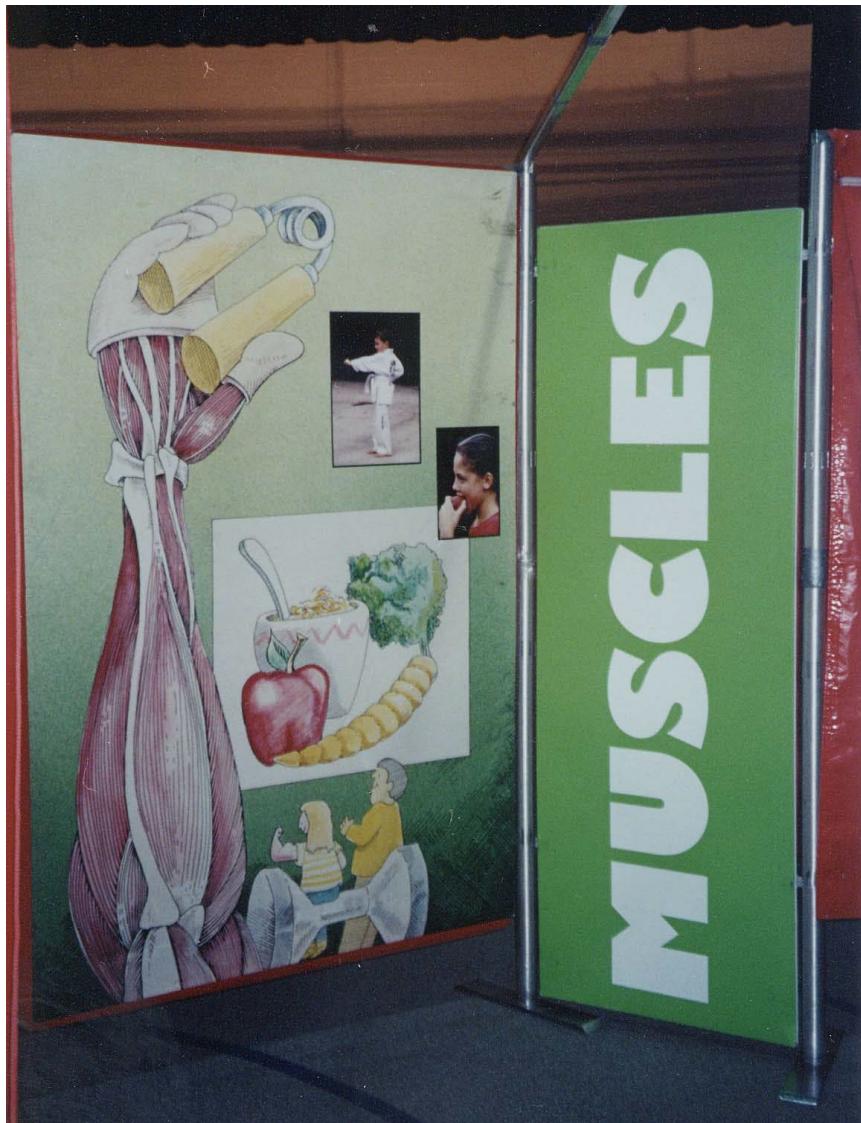
The heart is a muscle that works night and day. It pumps blood around your body so that each part gets the nutrients it needs.





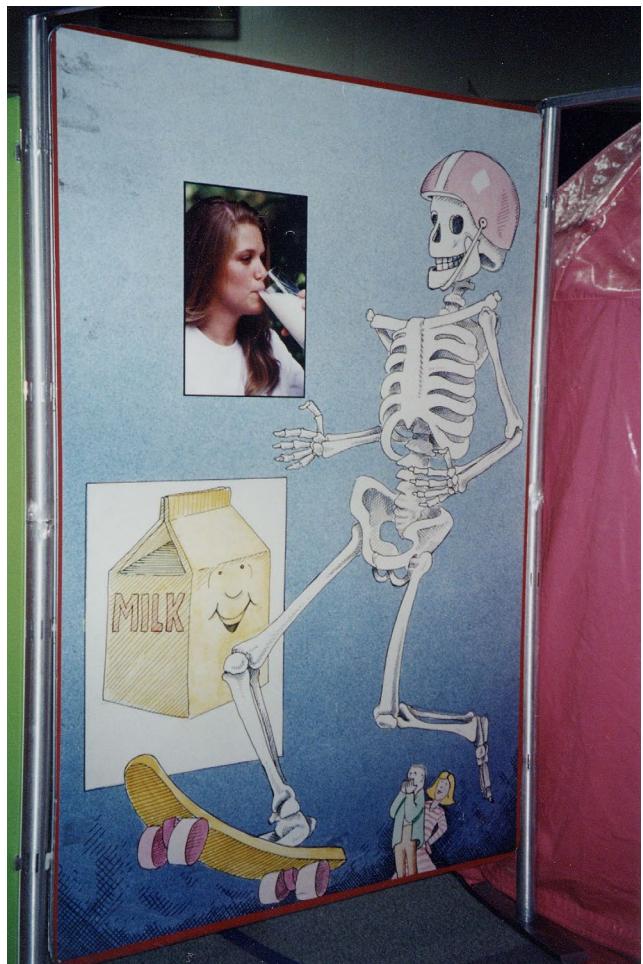
## The Lungs

Your lungs bring oxygen into your body from the air you breathe.



## The Muscles

Muscles let you sit, stand, walk, run, play and work. You have muscles in every part of your body. Exercising and being physically active each day helps your muscles stretch and stay strong.



## The Bones

Bones form your skeleton – framework of your body. Build strong bones with foods from the milk group. Enjoy milk group foods three times a day for healthy bones.



## The Skin

Your skin is the outer covering that protects the inside of your body. It is your largest organ.



## The Brain

Be smart. Protect your brain. Take good care of the part of your body that controls all the others.



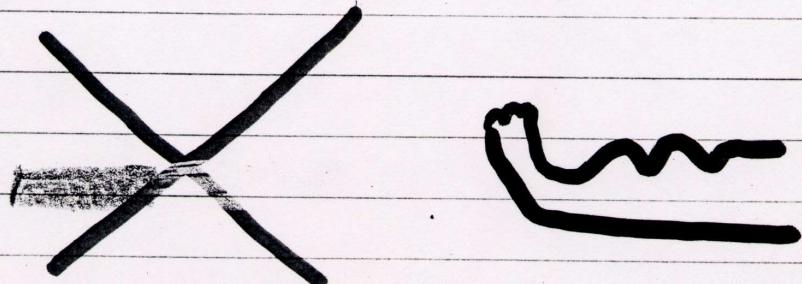
**In 2001 Body Walk was exhibited in the Capitol Rotunda.**

January 18, 2002

Dear Governor Holden,

Me and the other students of Dewy appreciate the great presentation of the Body walk. I learned a lot at the body walk. My favorite part was about muscles. I learned exercising and being physically active each day helps your muscles stretch and stay strong. The most important thing I learned is not to smoke or drink.

Sincerely,  
Mustafa Rasheed



Body

**The Governor gets letters.**



## The Body Walk Van

This van was purchased in August 2001 when the original van with over 108,000 miles was replaced.

# BODY WALK

Number of Students: **398,442**

<u>School Year</u>	<u>Number</u>
1995-96	28,681
1996-97	44,438
1997-98	49,097
1998-99	52,002
1999-00	52,143
2000-01	45,169
2001-02	48,480
2002-03	46,124
2004-05	25,326
2005-06	6,982

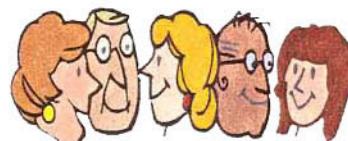


Number of Schools: **1542**



<u>School Year</u>	<u>Number</u>
1995-96	134
1996-97	237
1997-98	195
1998-99	189
1999-00	172
2000-01	147
2001-02	176
2002-03	169
2004-05	97
2005-06	26

Number of Teachers and  
Parent and Community  
Volunteers: **49740**



<u>School Year</u>	<u>Number</u>
1995-96	2,923
1996-97	6,094
1997-98	6,434
1998-99	6,903
1999-00	6,222
2000-01	5,290
2001-02	5,992
2002-03	6,333
2004-05	2,940
2005-06	609